



Walton & Hershham Academy

Learn Play
Achieve

**Full Time Football and
Educational Programme**

CONTENTS



- 1 Welcome**
- 2 Education Programme**
- 3 Timetable**
- 4 Support**
- 5 The Coaches**
- 6 Exit Routes**
- 7 Facilities**



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WELCOME



We would like to welcome and thank you for attending the Walton & Hershham Football Club Academy trial day. We hope you enjoy the experience and hopefully look forward to welcoming you to our academy programme soon.

Walton & Hershham F.C. Academy has been set up with the aim of offering an Elite Level College Football Programme similar to that of professional clubs in the UK. Through structured tutoring and mentoring, our UEFA licenced and ex-professional coaches, combined with high-quality teaching, aim to help players reach their potential as a player on the field and a student off of it.

We aim to ensure that all student-athletes are provided with a number of exit routes and opportunities to either play football, gain employment or continue onto further education.

Life skills, good conduct, high values, strong morals and all round professional discipline will all be part of the sporting education to be implemented at W &H F.C. Academy. Managing time accordingly, to accommodate both educational and footballing requirements, is a key part of the programme as well as learning to ensure a winning mentality and an ability to be gracious in defeat are fundamental and vital factors to our programme.

W &H F.C. strongly supports equal opportunities. We also implement policies which govern anti-bullying, safeguarding, welfare, emergency aid and codes of conduct. The staff, as well as students, will be expected to meet these high standards and will regularly be assessed to ensure the delivery of high-quality coaching sessions.

Students will be expected to meet the minimum requirements of up to 10 hours per week of coaching sessions and matches, and up to 15 hours of education time. This will take place at the Three Rivers Academy. Students will represent Walton & Hershham F.C. Academy in the National Alliance Under 19 League.

If you would take pride in being part of a special team, both on and off the field of play, you are keen to develop your footballing ability, and you wish to further your education then Walton & Hershham F.C. Academy is for you.

Yours Sincerely,
Adam Pittwood and Mark Hams
Technical Directors

EDUCATION PROGRAMME



Walton & Hershham F.C. Academy

Cambridge Technical Level 3 in Sport and Physical Activity

Summary:

It is vital that students should regularly be playing competitively in a sporting activity (team or individual sport). Students should also have a keen interest in health and fitness since this constitutes a major feature of the course, both in class and through independent work. The course is highly popular with our student athletes who are part of our sports academy programmes in basketball and football.

Cambridge Technical Level 3 Extended Diploma in Sport and Physical Activity. 3 A-Level Equivalent

Cambridge Technical Level 3 Diploma in Sport and Physical Activity. 2 A-Level Equivalent

Cambridge Technical Level 3 Extended Certificate in Sport and Physical Activity. 1 A-Level Equivalent

Methods of Study used in this course:

A combination of theory, practical, group work, formal lectures, discussions, research, and working independently will be used. Students are expected to take and create notes from each session.

All work will be coursework based and students will be required to present work in a variety of ways such as; presentations, videos and written projects.

What other subjects complement this course?

Students who complete our sports courses can combine the Level 3 Cambridge Technical in Sport and Physical Activity with Psychology, Biology, Chemistry, Physics, Maths, however any combination is suitable.

Using this course in the future:

Studying the Cambridge Technical Level 3 in Sport and Physical Activity is equivalent to up to three GCE's at A Level and can be used to progress into further education. Studying the course also allows students to gain access to sporting scholarships in other countries such as the US.

Future careers may include; sport scientist (eg. physiotherapy, sports nutritionist, sport psychology, fitness instruction), teaching, sport coaching, leisure management and various non-sport related employment.

TIMETABLE



Monday

09:00 - 10:00 ~ Injury and rehab clinic

10:40 - 11:00 ~ Injury and rehab clinic

12:15 - 13:45 ~ Training

Tuesday

12:15 - 13:45 ~ Training: Pattern of play and tactical strategies for match day

Wednesday

MATCHDAY

Thursday

09:00 - 10:00 ~ Injury and rehab clinic

15:30 - 16:30 ~ Training: Warm down & analysis

Friday

15:30 - 16:30 ~ Training: Technical

SUPPORT



We feel that one of the key strengths of our programme is the ability to provide exceptional support to our students both on and off the field. Having the Walton & Hershham FC Academy based at the Three Rivers Academy enables us to utilise an infrastructure led by high - quality staff, which is proven in supporting students and dealing with many issues that arise in an educational setting.

Footballing Support

- Position specific development
- Player specific Strength and Conditioning programme
- Injury rehabilitation support
- Physiological and psychological profiling
- Pathway access to Walton and Hershham FC First team
- Onsite delivery of FA Level 1 football coaching qualification

Academic Support

- Applications to universities both in the UK and abroad
- Support completing UCAS application forms
- Support writing covering letters or statements for work and university
- One-on-one support in school studies



THE COACHES

Players on the Walton and Hershham FC Academy programme will have access to a team of coaches and specialists who will strive to ensure individuals reach their potential and beyond as a student-athlete. Specialist coaches in Strength and Conditioning, Performance Analysis and Physiotherapy will all be available to student-athletes in the programme



Mark Hams



Mark has been involved in football for over thirty years, and began coaching in 1998. He earned his UEFA A licence in 2009, and after a playing career in non-league football, has coached at all levels ranging from children's to men's teams. Previously Mark led the academy programme at Kingstonian FC for five years. His previous clubs include Tooting and Mitcham United, Molesey, Kingstonian, Chertsey Town, Leatherhead, Walton Casuals and Walton and Hershham FC.



Adam Pittwood



Adam is a former professional striker who enjoyed spells at Millwall, Crystal Palace, Nottingham Forest and Fulham. Fortunate to play alongside players such as John Terry, Frank Lampard and Steven Gerrard, whilst also being involved in the England youth set up. Adam is now earning his UEFA B licence and has since transferred his knowledge to the touchline - it has seen him manage and coach from grassroots level up to semi-professional clubs such as Tooting and Mitcham United and Walton and Hershham FC



EXIT ROUTES

One of the key strengths of the W&H F.C. programme is the exit route opportunities players have access to at the end of the programme, as well as the support we provide to the students in following these pathways.

Pathway 1: University & Scholarships

This pathway allows players the opportunity to continue their studies into further education. Players will be looking to apply for universities in the UK as well as having the opportunity to apply for scholarships in the United States.

Pathway 2: Employment

This pathway offers students the opportunity of gaining employment at the end of the two-year programme. Using their A-level and/or Cambridge Technical qualifications, as well as qualifications obtained in coaching and/or officiating, students will have the opportunity to apply for work positions.

Pathway 3: The Game

This pathway offers players the opportunity to progress within the game of football - professionally, semi-professionally or recreationally. Players will have the opportunity to be identified by scouts during the programme, and to be selected for our Under 23's or first team.

FACILITIES



NOTES



A large grid for notes, consisting of 20 horizontal rows and one vertical column on the left side.

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Walton & Hershams Academy



Elite Sporting Provision

www.waltonandhershamsfc.org.uk

